

Beef Stir Fry

Meal Components: Vegetable, Meat / Meat Alternate

Main Dishes, D-18A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1/4 cup 3 Tbsp		3/4 cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/4 tsp		1/2 tsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	2. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR	OR	OR	OR	OR	3. Sauté sliced carrots in oil for 4 minutes.
Frozen sliced carrots	3 lb 6 oz	3 qt	6 lb 12 oz	1 gal 2 qt	
Vegetable oil		1/4 cup		1/2 cup	

*Fresh broccoli, chopped	2 lb 13 oz	1 gal 1 1/8 qt	5 lb 10 oz	2 gal 2 1/4 qt	5. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
OR	OR	OR	OR	OR	
Frozen mixed oriental vegetables	3 lb 7 oz	2 qt 3 1/8 cups	6 lb 14 oz	1 gal 2/3 qt	
Raw skinless, boneless beef top round, 1/2" cupes	5 lb 2 oz		10 lb 4 oz		6. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1/2 cup		1 cup	7. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No.10 scoops (¾ cup 1 Tbsp).

Notes

Special Tip:
For an authentic Asian flavor, when sauteing beef in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

Serving	Yield	Volume
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ½ cup of vegetable.	25 Servings: 11 lb 10 oz 50 Servings: 23 lb 4 oz	25 Servings: 1 gallon 1 quart 50 Servings: 2 gallons 2 quarts

Nutrients Per Serving					
Calories	244	Saturated Fat	2 g	Calcium	46 mg
Protein	25 g	Cholesterol	56 mg	Sodium	288 mg
Carbohydrate	12 g	Vitamin A	12095	Dietary Fiber	3 g
Total Fat	11 g		unknown		
		Iron	3 mg		